

## Cancer Screening Jog Chart for Clinicians

### Screening Guidelines for Women

Patient Name: \_\_\_\_\_ Chart Number: \_\_\_\_\_ Date: \_\_\_\_\_

#### **Breast Cancer Screening:**

At **age 20**, patient should start yearly Breast Self Exams (BSE) and Clinical Breast Exams (CBE) every 3 years.

At **age 40**, patient should start **yearly** Mammograms and Clinical Breast Exams.

Mark boxes with 'X' if completed and 'R' if refused.

Breast Cancer Screening Tests	Yr1 Date:	Yr2 Date:	Yr3 Date:	Yr4 Date:	Yr5 Date:	Yr6 Date:	Yr7 Date:	Yr8 Date:	Yr9 Date:	Yr10 Date:
Mammogram (Age 40 - yearly)										
CBE (Age 40 - yearly)										
CBE (Age 20 – every 3 yrs)	Yr1 Date:			Yr4 Date:			Yr7 Date:			Yr 10:

#### **Cervical Cancer Screening:**

Yearly Pap tests should begin 3 years after the start of vaginal intercourse or no later than **age 21**. At age 30, if had 3 normal Pap tests in a row, screen every 2-3 years. Women 70 years of age or older who have had no abnormal Pap tests in the last 10 years may choose to stop testing. Mark boxes with 'X' if completed and 'R' if refused.

Cervical Cancer Screening Tests	Yr1 Date:	Yr2 Date:	Yr3 Date:	Yr4 Date:	Yr5 Date:	Yr6 Date:	Yr7 Date:	Yr8 Date:	Yr9 Date:	Yr10 Date:
Pap Test (yearly)										

#### **Colorectal Cancer Screening:**

Patient should complete at least **one** of the following tests on a regular basis starting at **age 50**.

Mark boxes with 'X' if completed and 'R' if refused.

Colorectal Cancer Screening Tests	Yr1 Date:	Yr2 Date:	Yr3 Date:	Yr4 Date:	Yr5 Date:	Yr6 Date:	Yr7 Date:	Yr8 Date:	Yr9 Date:	Yr10 Date:
FOBT/FIT (yearly)										
Flex. Sigmoidoscopy (every 5 years)	Yr1 Date:					Yr6 Date:				
DC Barium Enema (every 5 years)	Yr1 Date:					Yr6 Date:				
Colonoscopy (every 10 years)	Yr1 Date:									

\*At time of check-up, also perform examinations for cancer of the thyroid, oral cavity, skin, lymph nodes, and ovaries.\*

X – Completed    R – Refused    P – Pending    OP – Outside Physician    NS – No Show    HD – Health Dept.